



## Berry lemonade

Priscila · 02/07/2024



### Prep Time

10 min.

### Dificult

Medium

### Servings

4-5

### Description

Berry lemonade is a delightful twist on the classic lemonade, infusing the traditional, tangy beverage with the sweet and tart flavors of mixed berries. This fusion creates a drink that's not only visually appealing with its vibrant hues but also packed with a nutritional punch. Berries such as strawberries, raspberries, blueberries, and blackberries bring a bounty of antioxidants, vitamins, and minerals to the table, enhancing the health benefits of the already vitamin C-rich lemon juice.\*\*\*9The process of making berry lemonade involves blending or muddling the berries to release their juices and then mixing them with freshly squeezed lemon juice and water. The result is a refreshing and hydrating drink that strikes a perfect balance between the sharpness of the lemons and the natural sweetness of the berries. For those with a sweeter palate, a touch of honey can be added, providing a healthier alternative to refined sugar while complementing the fruity flavors.\*\*\*9Berry lemonade is not just a beverage; it's an experience. It's perfect for hot summer days, garden parties, or as a vibrant addition to any meal. Beyond its delicious taste and aesthetic appeal, it offers hydration and a boost of nutrients, making it a favorite among both adults and children. Whether served at a casual family gathering or as a sophisticated mocktail garnished with lemon zest and whole berries, berry lemonade is a versatile drink that celebrates the flavors and colors of nature.

### Ingredients

- 1 liter of water
- 1 cup (250 ml) of mixed berries (such as strawberries raspberries blueberries and blackberries)
- Juice of 2 lemons
- Honey to taste (optional)
- Additional berries and lemon zest for garnish

### Instructions

1. **Prepare the Berries:** In a blender puree the 1 cup of mixed berries until smooth. For a smoother lemonade you can strain the berry puree to remove seeds and pulp but this is optional depending on your preference for texture.
2. **Mix the Lemonade:** In a large pitcher combine the freshly squeezed lemon juice with the 1 liter of water. Stir well to mix.
3. **Combine Berry Puree and Lemonade:** Add the berry puree to the lemonade mixture in the pitcher. Stir thoroughly to ensure the berry puree is evenly distributed throughout the lemonade.
4. **Sweeten to Taste:** If the lemonade is too tart for your liking add honey to sweeten. Start with a small amount stir well and taste. Continue adding honey gradually until you reach your desired sweetness.
5. **Chill:** Refrigerate the berry lemonade for about 30 minutes to an hour to cool and allow the flavors to meld together. If you're in a hurry you can skip this step and serve immediately over ice.
6. **Garnish and Serve:** When ready to serve fill glasses with ice pour the berry lemonade over the ice and garnish with a few whole berries and a sprinkle of lemon zest on top for a decorative touch.
7. **Enjoy:** Serve the refreshing berry lemonade immediately offering a delightful and hydrating drink perfect for any occasion especially during the warmer months.